

70. The method of claim 25, wherein one serving of the supplement further provides about 1.5 grams of fat.

71. The method of claim 25, wherein said protein comprises whey protein.

72. The method of claim 25, wherein one serving of the supplement is about 28 grams and the supplement is administered more than once daily.

73. The method of claim 72, wherein one serving of the supplement is administered immediately following an exercise period.

74. The method of claim 25, wherein the supplement is a powder.

75. The method of claim 74, wherein the powder is mixed with water for administration as a liquid.

76. The method of claim 25, wherein the supplement further comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine, and acetyl-L-carnitine.

77. The method of claim 25, wherein the supplement further comprises a compound which mimics or enhances insulin activity.

78. The method of claim 77, wherein the compound is selected from the group consisting of myo-inositol, d-myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.

79. A method for supplementing the diet of a human comprising administering immediately after an exercise period about 28 grams of a dietary supplement comprising an effective amount of L-arginine, about 20 grams of protein, about 3 grams of carbohydrate and an effective amount of at least one substance which increases nitric oxide production in the body selected from the group consisting of glycosidal saponins, ginseng, N-acetyl cysteine, glucomannan, and folic acid.

80. The method of claim 79, wherein said protein comprises whey protein.

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81. The method of claim 79, the supplement is administered more than once daily.

82. The method of claim 81, wherein one serving of the supplement is administered immediately following an exercise period.

83. The method of claim 79, wherein the supplement is a powder.

84. The method of claim 83, wherein the powder is mixed with water for administration as a liquid.

85. The method of claim 79, wherein the supplement further comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine, and acetyl-L-carnitine.

86. The method of claim 79, wherein the supplement further comprises a compound which mimics or enhances insulin activity.

87. The method of claim 86, wherein the compound is selected from the group consisting of N-acetyl cysteine, myo-inositol, d-myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.

REMARKS

Applicants thank the Examiner for taking the time for the interview of June 23, 2003 and for his suggestions.

Claims 25, 27-29, 31-34, 36-38, 40-43, 45-47, 49-57 and 65-67 are currently pending. Claims 25, 27-29, 31-34, 36-38, 40-43, 45-47, 49-57 and 65-67 have been rejected. Claim 25 has been amended. Claims 27-29, 31-34, 36-38, 40-43, 45-47, 49-57 and 65-67 have been canceled without prejudice. New claims 69-87 has been added.

Claims 25 and 69-87 are hereby submitted for review and consideration.